CITY OF REGINA

HEALTH DEPARTMENT

T. Y. CHIAO, M.D., M.P.H.
Medical Health Officer

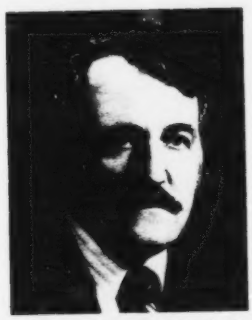
CENTRAL OFFICE: 1910 McINTYRE ST.
(Branch Office: 204 Wascana St.)
REGINA, SASKATCHEWAN
S4P 2R3

PHONE NUMBER 522-3621
AREA CODE 306

REGINA CITY COUNCIL 1982

His Worship L. P. Schneider

Alderman G. J. Kleisinger
Division 1



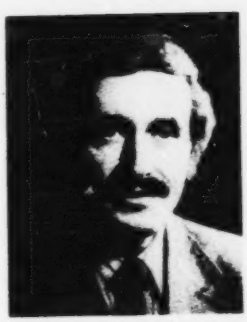
Alderman T. Cholod
Division 2

Alderman M. Hanley
Division 3

Alderman L. Ooms
Division 4

Alderman W. R. Staff
Division 5

Alderman H. Van Mulligen
Division 6



Alderman W. J. McKeown
Division 7

Alderman E. Strass
Division 8

Alderman V. A. McGregor
Division 9

Alderman S. E. Oxelgren
Division 10

REGINA CITY HEALTH DEPARTMENT 1982

Dr. T. Y. Chiao
Medical Health Officer

Mrs. E. R. Vawter
Nutritionist

Mrs. J. Fowler
Director of Nursing

Mr. M. Markewich
Chief Public
Health Inspector

Miss C. Lewis
Chief Clerk

Dr. P. A. Hutchison
Assistant Medical
Health Officer

Miss L. Greaves
Biostatistician

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BOARD OF HEALTH

Alderman G. J. Kleisinger, Chairman
Alderman A. J. Selinger
(January-November, 1982)
Alderman T. Bnbury
(January-May, 1982)
Alderman H. Van Mulligen
(May-December, 1982)
Alderman M. Hanley
(November-December, 1982)

His Worship, Mayor L. Schneider, Ex-officio

Secretary: R. Hamelin

HEALTH DEPARTMENT

SENIOR STAFF

Medical Health Officer	T. Y. Chiao, M.D., M.P.H.
Assistant Medical Health Officer and Pediatrician	P. A. Hutchison, M.D., F.R.C.P.(C)

DIVISION DIRECTORS

Maternal and Child Health Division	P. A. Hutchison, M.D., F.R.C.P.(C)
Public Health Nursing Division	Mrs. J. Fowler, R.N., B.Sc.N., M.H.Sc.
Environmental Health Division	Mr. M. Markewich, C.P.H.I.(C)
Biostatistician	Miss P.L. Greaves, B.A., Dip. Ed.
Public Health Nutrition Division	Mrs. E.R. Vawter, B.Sc.H.E., P.Dt.
Business Office, Chief Clerk	Miss C.J. Lewis

GOALS

Promotion of health and personal well-being

Promotion of healthful environment

Prevention of illness and disability
ON A COMMUNITY BASIS

GLOBAL OBJECTIVES

* To assess the health needs of community and individuals in Regina;

* To organize, co-ordinate and deliver appropriate community health services;

* To encourage community participation in the programs and utilization of services offered;

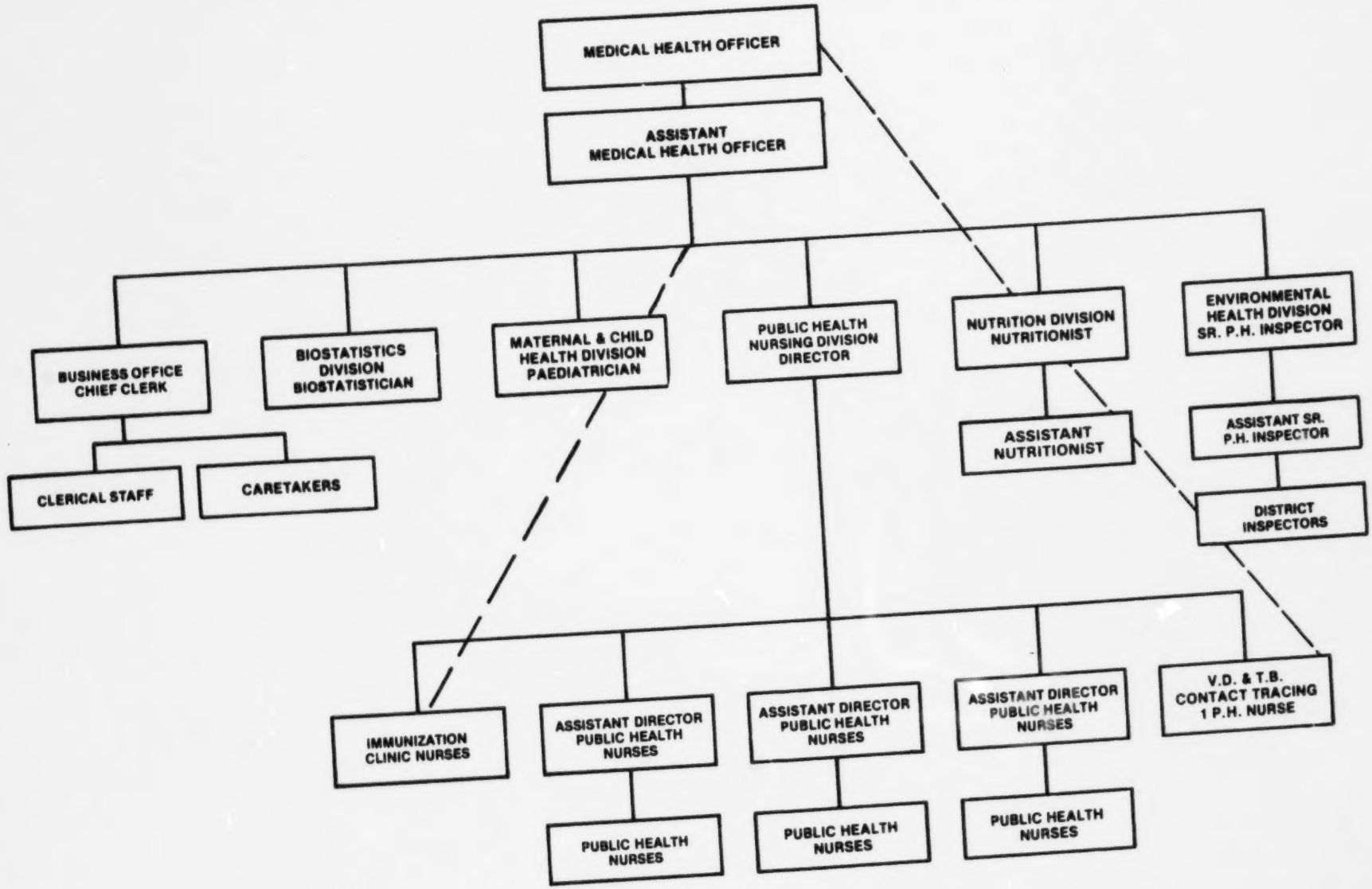
* To motivate individuals towards improving and/or changing life styles;

* To co-operate with other agencies providing health care and services.

REALIZATION OF GOALS AND OBJECTIVES REQUIRES

- Professional expertise and enthusiasm
- Adequate staffing
- Adequate physical facilities
- Adequate operating budget
- Support of the community

ORGANIZATION CHART
CITY OF REGINA HEALTH DEPARTMENT



MEDICAL HEALTH OFFICER

J.T.Y. Chiao, M.D., M.P.H.

ASSISTANT MEDICAL HEALTH OFFICER

P.A. Hutchison, M.D., C.M., F.R.C.P.(C)

MATERNAL AND CHILD HEALTH DIVISION

PEDIATRICIAN: P.A. Hutchison, M.D., C.M., F.R.C.P.(C)

ENVIRONMENTAL HEALTH DIVISION

SENIOR PUBLIC HEALTH INSPECTOR: M. Markewich, C.P.H.I.(C)

ASSISTANT SENIOR PUBLIC HEALTH INSPECTOR: G.A. Booty, C.P.H.I.(C)

PUBLIC HEALTH INSPECTORS:

L.O. Boris, C.P.H.I.(C)
G.A. Booty, C.P.H.I.(C)
E. Devine, C.P.H.I.(C)
(began September, 1982)
J.M. Gattinger, C.P.H.I.(C)
J.D. Klein, B.Sc., C.P.H.I.(C)
E.D. Kosten, C.P.H.I.(C)
H.S. Lee, B.Sc., C.P.H.I.(C)
(terminated July, 1982)
L.H. Morgan, C.P.H.I.(C)
S. Pappas, C.P.H.I.(C), B.Sc.
I. Vettoretti, C.P.H.I.(C), B.P.H.E.(H) Ch.S.

NURSING DIVISION

DIRECTOR: J.D. Fowler, R.N., B.Sc.N., M.H.Sc.

ASSISTANT DIRECTORS: J. Anderson, R.N., B.Sc.N. (began July, 1982)
E. Helfrich, R.N., Dip. Hosp. Ser. Admin., Dip. P.H.N., B.Sc. N.
M. Scott, R.N., B.Sc.N.

PUBLIC HEALTH NURSES:

C. Anderson, R.N.
S.W. Baker, R.N., B.Sc. N.
(terminated June, 1982)
C. Biholar, R.N., B.Sc. N.
L. Boldt, R.N., B.Sc.N.
(began September, 1982)
L. Boyd, R.N., B.Sc. N.
(began January, 1982)

A. Brenneman, R.N., B.Sc. N.
(terminated September, 1982)
F. Buzash, R.N., Dip. P.H.N.
T. Carteri, R.N., B.Sc.N.
(began July, 1982)
R.V. Cheberiak, R.N., B.Sc. N.
I.F. Cornelson, R.N.
D. Crane, R.N., B.A., Dip. Nurs. Teaching, B.S.N.
(terminated July, 1982)
L. Demmans, R.N., B.Sc.N.
H. Forbes, R.N., B.Sc. N.
S. Gee, R.N., B.Sc.N.
S.L. Goldie, R.N., B.Sc.N.
I. Grzesina, R.N., B.Sc.N.
D. Hartung, R.N.
G. Hebert, R.N.
Sister R. Herle, R.N., B.Sc.N.
(began July, 1982)
S. Hinds, R.N., B.Sc.N.
M. Hughes, R.N., B.Sc.N.
N. Hunter, R.N., B.Sc.N.
(began April, 1982)
A. Ilg, R.N., B.Sc.N.
(began September, 1982)
N. Kot, R.N., B.Sc.N.
E. Love, R.N.
E. MacDonald, R.N.
K. MacDougall, R.N., B.Sc.N.
A. Mario, R.N., B.Sc.N.
N. Moffatt, R.N.
V.M. Peterson, R.N., B.Sc.N.
K. Schick, R.N., B.Sc.N.
(began April, 1982)
A. Soloduk, R.N., B.Sc.N.
J. Tarr, R.N., B.Sc.N.
M. Thiessen, R.N., B.Sc.N.
N. Wong, R.N., B.Sc.N.
(began June, 1982)
D. Youck, R.N., B.Sc.N.
V. Klebuc, R.N., Dip. P.H.N.
S. Kyrylchuk, R.N., B. Sc. N.

Casuals:

M. Bjerke, R.N., Dip. P.H.N.
V. Klebuc, R.N., Dip. P.H.N.
S. Kyrylchuk, R.N. B. Sc. N.
J. Rennie, R.N., B.Sc.N.
D. VanBeselaere, R.N., B.Sc.N.
S. Wawro, R.N. B.Sc.N.

Canada Community Development Project

M. Fahlman, R.N., B.Sc.N.) Project Supervisor
K. McAllister, R.N., B.Sc. N.) (Shared position)
Wanda Burns (began Sept/82)) Native Community
Violet Charles) Health Workers
Joyce Poitras (Feb-Sept/82))

NUTRITION DIVISION

NUTRITIONIST: E.R. Vawter, B.Sc. H.E., P.Dt.

ASSISTANT NUTRITIONIST: J.S. Charlton, B.S.H.Ec., P.Dt.

BIOSTATISTICS DIVISION

BIOSTATISTICIAN: L. Greaves, B.A., Dip. Ed.

BUSINESS OFFICE

CHIEF CLERK: C. J. Lewis

STENOGRAPHIC AND CLERICAL STAFF:

C. Balaski
S. Bien
M. Johnson
R. McLennan
M.M. Poncsak
D. Putz
D. M. West
E. E. Wolbaum

CARETAKERS:

F. Medernach
R. Shea
G. MacDonald (began February, 1982)

HEALTH DEPARTMENT STAFF - 1982

First row: Lynn Greaves, Carol Lewis, Ruth Vawter, Janet Fowler, Dr. John Chiao, Dr. Pat Hutchison, Norma Moffat, Eleanore Helfrich, George Booty. Second row: Nina Wong, Val Cheberiak, Ida Grzesina, Tina Carteri, Arlene Ilg, Deana Youck, Shelley Hinds, Annette Mario, Ev MacDonald, Janet Anderson. Third row: Fran Buzash, Ida Cornelson, Sharon Gee, Heather Forbes, Esther Love, Sandi Goldie, Sr. Rosina Herle, Chris Biholar, Lillian Demmans, Donna Hartung, Nancy Kot. Fourth row: Donna West, Violet Charles, Kathy McAllister, Karen MacDougall, Lorraine Boldt, June Tarr, Audrey Soloduk, Marg Thiessen, Maureen Hughes, Verity Peterson, Gerry Hebert. Fifth row: Margaret Poncsak, Wanda Burns, Joanne Charlton, Mary Scott, Ted Devine, Ido Vettoretti, Cecilia Balaski, Elaine Wolbaum, Debbie Putz, Susan Bien, Mavis Johnson, Len Boris, Rose McLennan, Jake Gattinger, Sam Pappas, Ric Shea.

Missing: Carol Anderson, Linda Boyd, Nancy Hunter, Kathy Schick, Margo Fahlman, Francis Medernach, George MacDonald, John Klein, Dave Kosten, Lorne Morgan.

REPORT OF THE MEDICAL HEALTH OFFICER

Once again it is annual report time, a time when we as a Health Department staff review the activities and events of the past year. Each year has its own highlights and 1982 was no exception.

Dr. T. Y. Chiao

Perhaps the most outstanding development was that we were able to take steps toward reaching a larger proportion of our native population with our programs and services. Thus it was gratifying when the Health Department qualified for Canada Community Development Project funding for a Native Community Health Worker Program.

With these funds and some additional monies from the city we have been able to hire during February two Native Community Outreach Worker trainees and two part-time Public Health Nurses in a shared Project Manager's position. It has also been possible to extend the project through 1983 and on into early 1984. After February, 1983, the Public Health Nurse-Trainer-Manager component was discontinued.

The stated objectives of the program were:

- To hire and train two native workers.
- To increase native awareness of Health Department programs.
- To motivate native people to avail themselves of our programs and to adopt healthy lifestyles
- To facilitate liaison with the native community.

Since the project has proven successful, we are hoping that eventually these positions will become permanent.

In keeping with Canadian and American Public Health authorities' objectives of eliminating measles, our public health nurses have made intensive efforts to assure as many of our preschool aged children as possible are protected against measles.

Through their efforts during 1982, we were able to increase the percent immunized from 82.6% to 86.5%. With continuing efforts we are hoping to top 90%. During 1981, a similar program amongst school children resulted in an increase from 94.8% to 98.1% immunized.

During 1982, our Director of Nurses has served as Chairperson of the Regina Child Abuse Prevention Committee, an inter-agency group whose objectives are that of co-ordination of services, education as well as prevention. This has been a very active committee and one of its projects was to highlight the problem in November when the week of the 15th was proclaimed Child Abuse Awareness Week.

At the request of the City Manager, an intercity Health Department survey was done which involved requesting information from six major Western Canadian cities -- namely Vancouver, Edmonton, Calgary, Saskatoon, Winnipeg and Regina. Comparisons were made of budget, staffing and services. In general, the level of services provided by departments appeared comparable, allowing for differences in demography, in provincial legislations and local service requirements. Regina had the lowest per capita expenditure of the six health departments.

In 1982, our city's population was 165,952 (S.H.S.P. figures) and our budget was $2,072,934. Thus our per capita expenditure was $12.49. In September, the Provincial Health Department increased its share from $2.50 to $3.35 per capita. Total provincial grants for 1982 including the Special Services Grant amounted to $637,700.

There have been no cases of diphtheria, polio, typhoid or paratyphoid in the city during 1982. However, late in the fall and early December a dramatic increase was noted in school absenteeism and in reported flu-like illnesses amongst adults as well. Viral cultures revealed Influenza A (Bangkok) to be implicated. Although there were a number of different patterns of illnesses described in the community many of the cases were obviously due to influenza. Fortunately, the incidence was much decreased in January following the Christmas holidays and the build-up of immunity in the population.

Salmonella infections increased in 1982 while Shigella infections decreased. There were 31 cases of viral meningitis most of which occurred in July and August. The viruses most commonly identified as causing the latter were Echo 3 and Coxsackie B3.

An increase in reported gonococcal infections occurred in 1982 -- 571 in 1982 compared to 507 in 1981. This appears to continue a trend already noted in 1981. This may simply be a statistical aberration but will bear careful watching in 1983 and increased efforts will be made to provide increased health education in schools and the community.

During 1982, there was a lower turnover of staff in the department than average. Thus there was less work involved in recruiting and training new staff. Two of our staff members, our Director of Public Health Nurses and our Assistant Medical Health Officer were made Clinical Assistant Professors in Nursing and Medicine respectively at the University of Saskatchewan. The Assistant Medical Health Officer also completed requirements for the Diploma of Urban/Regional Administration from the University of Western Ontario. There has been an increased demand at all levels for members of the department to speak to school, medical and other community organizations on many aspects of our work. A few examples are department services, smoking, child development, role of public health nurse, handling of food preparation, child abuse and nutrition.

Seventh annual Western Medical Health Officers' meeting.

FIRST ROW: Mr. Phil Philrizzuto, Chairman, Winnipeg Board of Health; His Worship, Mayor Bill Norrie, Mayor of Winnipeg; Dr. D. Gemmill, Medical Health Officer for Winnipeg. SECOND ROW: Dr. J. Howell, MHO of Edmonton; Dr. G. Bonham, MHO of Calgary; Dr. S. Stead, Assistant MHO of Saskatoon; Dr. D. Luckhurst, Deputy MHO of Winnipeg; Dr. D. Kinloch, MHO of Vancouver; Dr. T. Y. Chiao, MHO of Regina.

During 1982 the department has provided field experience for a medical student (nutrition division), a medical intern (child health/nursing divisions) and two groups of eight University of Saskatchewan B.Sc.N. students (nursing division). This has been a rewarding experience for both us and them.

The Western Medical Health Officers' meeting took place in Winnipeg on September 20 and 21, 1982. Medical Health Officers from six major western cities, namely Vancouver, Calgary, Edmonton, Saskatoon, Regina and Winnipeg take this opportunity once a year to discuss matters of mutual concern. This is the seventh year for this type of convention. Many issues were observed, the main one being water quality.

More detailed accounts for each division's activities will appear in appropriate sections of this report. It is gratifying to note that after a year and a half of operation our branch office continues to be a much appreciated and utilized facility by staff and community alike.

Finally on December 14, 1982, I announced that I will be resigning from the Medical Health Officer's position effective January 31, 1983, after almost 20 years with the department. These have been interesting years and I have been able to implement many changes and develop new programs during this period. I wish to express my appreciation to the Health Department staff and all others including the media who have supported me over the years. To all of you, many thanks.

Respectfully submitted,

T. Y. Chiao M.D.

T. Y. Chiao, M.D., M.P.H.
Medical Health Officer

Maternal and Child Health Division

MATERNAL AND CHILD HEALTH DIVISION

The staff of this division consists of the pediatrician who also has the position of Assistant Medical Health Officer. In the role of pediatrician she continues to provide certain direct clinical and telephone advice services to mothers and their children. Consultative services are available to staff members regarding infant, preschool and school children programs. She also provides advice to private practitioners and other professionals on matters related to immunization, communicable disease control and public health programs.

The pediatrician is on the courtesy staff of the Regina General and Pasqua Hospitals, as well as serving on a number of community committees.

Pediatrician services continue to be offered in two of our 20 regularly scheduled child health clinics. During 1982, there were 423 children examined. Of these, 50 required referrals to a private physician or community agency. The age breakdown was as follows:

Infants - 14
Preschoolers - 30
School children - 6

Reasons for referrals included the following:
Infants -- orthopedic (7), suspected hearing problem (3), development (1), skin (2), and feeding problem (1).
Preschool children-speech (11) development/speech/behaviour (8), vision (3), hearing (4) and other miscellaneous.
School children -- ear, nose and throat (2), vision/hearing (3) and skin (1).
Advice was given in many cases regardless of need for referral.

Details regarding maternal and child health programs appear in the Nursing Division's report.

Nursing Division

PUBLIC HEALTH NURSING DIVISION

STAFF

During 1982, an increase of one position gave the Nursing Division a staff of 37. The new position, for a third assistant director, commenced on July 2. Now included in this division are one nursing director, three assistant directors, 29 community nurses, three nurses whose main focus is immunization, and one nurse for the tuberculosis and sexually transmitted diseases programs.

Six staff resigned, giving a turnover rate of 16%, the lowest in a number of years.

NEW PROGRAMS, PROJECTS AND ACTIVITIES

1) A thirty-two week community outreach project, funded by Employment and Immigration Canada and the City of Regina, began on February 15, 1982. Subsequent extensions of funding will carry this project into 1983. The objectives of the project are to promote healthy lifestyles and to enhance the understanding and use of preventive health programs within Regina's native community. The project involved training two lay native women in basic health concepts, who in turn would reach other native people. The position of Project Manager/Trainer was job-shared by two public health nurses. Of the two community health worker trainees, one had completed most of the Federal governments's Community Health Representative training program prior to joining us. One trainee left in September to pursue social work and native studies, and this vacancy was subsequently filled by a certified CHR. Enhanced liaison with various native agencies and greater awareness of our programs are two outcomes of this continuing project. Statistics for this project are found in total under "Other Services" in this report, page 21 which reflects the activities from March to December, 1982.

2) Two eight week programs called "Enjoying Your Pre-Schooler" were conducted by two public health nurses and a volunteer. The objective was to help mothers relate to and enjoy their pre-school children more through a greater understanding of child development and child management. Very positive parent evaluations were received which included statements concerning their improved methods of discipline.

3) An extensive preschoolers' red measles campaign was launched in April and completed in late fall. A review was made of the health records of all children born in 1978, 1979 and 1980. Parents of any of these children who were at risk for rubeola disease were contacted by letter, phone or home visit to encourage MMR immunization. Although many responded, transiency and apathy contributed to leaving an estimated 13.5% of this age group unprotected. This however, was an improvement over the 17.4% lacking rubeola immunization at the outset of this program.

4) Infant and toddler hearing screening protocol was reviewed. Hearing loss should be detected as early in life as possible. We were therefore pleased to be equipped with ten Hear Kits, which contain simple equipment for use in screening the very young child, particularly those 6 to 18 months of age. A nursing inservice was conducted in late March by Dr. Hutchison, in which a demonstration of the use of the Hear Kit was given with several children in this age range. As well, a procedure which had been developed on "Auditory Screening in Infancy and Preschool Children" was distributed to each nurse. Our policy now is to perform auditory screening at child health clinics on infants 6 to 8 months of age, and again at 12 to 14 months.

5) An evaluation of our prenatal classes was conducted on each class offered throughout the year. Class topics were rated by both mothers and fathers under the categories New and Useful; Review, but Useful; New, But Not Useful; and Review, Not Useful. As well participants rated their degree of satisfaction with the nurses presentation, group discussion, exercise practice, film and other visual aids. Suggestions and comments were welcomed. Results showed an extremely high percentage of participants found the material presented was useful to them, whether a review or new knowledge. Based on the overall response, there was no indication that any subject matter should be excluded. The nurses' presentation rated most highly on the degree of satisfaction scale. Some desire for increased group discussion was expressed.

6) Two staff participated in a small Pilot Project with the Board of Education speech therapists. This consisted of a combined vision, hearing and speech assessment clinic held in December for children who would enter kindergarten in September, 1983. The speech therapists felt the project was not worthwhile due to the low turnout as well as the small number with a speech problem. A further negative factor was lack of space in the schools while classes were in session.

INFANT AND PRE-SCHOOL SERVICES

Child Health Clinics

Child Health Clinics are offered at fourteen locations throughout the city, a reduction of one from last year due to the cessation effective March 29, of Calvary Baptist Church Clinic. These clinics offer the opportunity for public health nurses to monitor a child's growth and development, screen for health problems, counsel and immunize. Problems requiring physician services may be referred to either a private physician or to the department pediatrician. During the year, a total of 10,137 visits were made to 605 clinic sessions for an average attendance of 17 per session. Infant visits numbered 5,987, preschool 3,996 and school child visits 154. Of the total visits, 82% included immunization.

Prekindergarten Assessments

This program was discontinued on a universal scale in 1981; however, 189 assessments were done this year. As well, invitations were extended through school newsletters and parent meetings to have pre-kindergarten children attend our Vision and Hearing Screening Clinics and to have their immunization boosters given prior to the beginning of school.

Pre-School Vision and Hearing Screening Program

The number of sessions offered for the assessment of 3 to 5 year old pre-schoolers vision, hearing or both, totalled 241, an increase over the 191 sessions held in 1981. Day care centres, nursery schools, and both Central and Branch offices were the sites utilized.

	1979	1980	1981	1982
Pre-School Vision				
No. screened	2,533	2,788	1,358	1,785
No. stable defects	26	47	8	24
No. new defects	104	123	60	73
No. referred to physician	112	108(3.8%)	52(3.8%)	74(4.1%)
Pre-School Hearing				
No. screened	1,324	1,633	1,187	1,711
No. referred to physician	45	49(3%)	45(3.8%)	87(5%)

Day Care Centres and Nursery Schools

Visits for the year numbered 105, comparable to last year's total of 107. Screening for vision, communicable diseases and other health concerns were the reasons for the visits.

Home Visits

Home visits by public health nurses are another way of serving the infant and pre-school population. A considerable increase in these visits is reflected in this year's total.

	1979	1980	1981	1982
Infant Visits	3,420	3,971	3,771	4,354
Preschool Visits	1,534	1,672	1,576	2,141

SCHOOL SERVICES

Public health nurses spend an average of 38% of their time in the city's 114 schools (96 elementary, 14 high and 4 other). Generally, one-half day per week is spent in each elementary school, with one day per week for each high school, but this varies with the school's population and needs. A comparison of school services offered over the past 3 years is presented in the following table.

Service	No. of Recipients		
	1980	1981	1982
Physical Assessment	2,956	2,815	2,649
First Aid	3,074	2,927	3,005
Immunization	6,005	6,567	5,593
Student Counselling	2,777	2,381	3,039
Counselling re: Teenage Pregnancy-first contact	) 83	50	37
-following visit	)	102	156
Parent counselling	3,042	3,179	3,047
Teacher counselling	3,185	3,299	3,555

	1980	1981	1982
Specific Screening Procedures			
Hearing-first this year	7,479	7,829	6,707
-repeat this year	834	1,128	924
-referred	325(4%)	316(4%)	290(4%)
Vision-first this year	17,447	18,895	*17,887
-repeat this year	3,162	2,540	2,960
-referred	1,353(7.7%)	1,309(7%)	1,482(8%)
Scoliosis-screened	2,882	2,906	3,001
-referred	197(7%)	171(6%)	178(6%)
Communicable diseases	1,626	2,067	2,560
Classroom Instruction			
-No. of students	5,381	5,762	7,047
-No. sessions	202	266	329

*Trained volunteer parents did initial vision screening for 10,268 students.

In addition to these services, 1,102 home visits concerned school children, an increase from 875 in 1981. A further 716 school children were seen at immunization clinics or child health clinics.

HEALTH EDUCATION PROGRAMS

Expectant Parent Programs

In 1982, 470 prenatal classes were taught at five locations: The City Health Department's Central Office and Branch Office; Plains Health Centre, Pasqua Hospital and Balfour Special Tutorial School. Each participant is offered six classes, plus a tour of the maternity and newborn facilities at the hospital of their choice. "Early Birds" attend two series of classes as early as possible in their pregnancy completed by four classes in late pregnancy. Regular series participants begin classes between the 5th and 7th month of pregnancy and attend for six consecutive weeks. Teens who are pregnant may continue their education at the Balfour Special Tutorial Classes. A flexible prenatal program is presented to them. This year, five series consisting of 54 classes were offered at Balfour with 91 teens receiving an average of 10 classes each.

It is gratifying to see that our commitment to and encouragement of early bird classes has resulted in approximately 50% of all our series being in this format. Following is a five year comparison chart showing this trend to early attendance.

Prenatal Series Offered

	1978	1979	1980	1981	1982
Early Bird "Part A"					
No. Series	4	14	16	23	35
No. Classes	8	28	32	46	70
Early Bird "Part B"					
No. Series	1	11	16	21	31
No. Classes	3	33	48	84	124
Regular Classes					
No. Series	60	49	56	38	33
No. Classes	300	245	280	228	198
Single Mothers only					
No. Series	5	4	6	5	3
No. Classes	25	20	30	30	18
Balfour Special Tutorial					
Series				6	5
Classes				50	54

This year, of the 463 single or common-law Regina mothers who gave birth, 184 (40%) received prenatal instruction from public health nurses. Of this number, 91 were taught through the Balfour program, 32 attended Single Mothers' classes. Only, approximately 11 received instruction in small groups of 2 or 3 at Martha House, and 50 participated in either the Early Bird or Regular Series.

Prenatal Classes and Attenders

	1978	1979	1980	1981	1982
Total No. Classes	350	371	431	444	470
Total Female Enrollment	749	860	969	872	931
-Single Females	61(8%)	136(16%)	173(18%)	161(18%)	184(19.7%)
Total Male Enrollment	651	679	795	647	719
Total "coach" Enrollment (male and female)	N/A	34	42	43	69
Regina Births	2,774	2,994	2,975	2,877	3,033

There were 3,033 births in Regina in 1982. Of this number, 931, or 30.7% of all mothers, attended classes taught by our department. Prenatal teaching also took place during 198 home visits, and at 193 individual counselling sessions in the schools.

Adoptive Parent Classes

Due to the reduced number of babies being placed for adoption, demand for these classes was low. Two series of 3 classes each were taught with 15 mothers and 14 fathers participating.

Are You An Askable Parent Classes

These classes assist parents in communicating effectively with their children regarding many aspects of sexuality and family living. This year, 3 series of 4 classes each were taught to 25 mothers and 8 fathers.

Health Talks to the Community

Public health nurses have responded to the increased interest and requests for community talks on a variety of health topics. Subjects have included child care, breast self-examination, sexually transmitted diseases, family planning, emotional health and burnout, parenting, safety and communicable diseases. Some community groups addressed were: Cubs, scouts, brownies, Babysitters Course, Y's Women, parents, social workers, single teen moms, foster parents, school staffs,and Women In Need. The increase in this method of health education is reflected in the following table:

Instructed Group in the Community

	1979	1980	1981	1982
No. of sessions	57	77	106	166
No. of persons	1,204	1,340	1,963	2,305

Sessions have nearly tripled, and participants have nearly doubled over the past four years.

COMMUNICABLE DISEASE CONTROL

Rheumatic Fever Program

The need for this program, which provides surveillance, plus free penicillin or sulfadiazine to clients with rheumatic fever has decreased steadily in recent years. We continue to offer this program with the intent of preventing recurrent streptococcal infections to these patients. Eleven clients were admitted to the program, and 28 discharged, for a year end total of 65.

	1978	1979	1980	1981	1982
No. of clients	121	108	109	82	65

Tuberculosis Control

In 1982, there were six cases of tuberculosis reported compared to 21 in 1981. There were 175 contacts of tuberculosis that the department was asked to locate compared to 512 last year. As well, 271 review examinations were requested. Two hundred ninety-three patients visited a tuberculosis clinic or their doctor. Home visits made on behalf of the program numbered 328.

Sexually Transmitted Diseases

The reported number of cases of sexually transmitted diseases was 575, which included 571 gonococcal infections and 4 cases of syphilis. Notifications for contact tracing numbered 291, an increase from last year's 220. The number of contacts located and referred was 242, also up from last year's 164. As well, the nurse assigned to this program gave 27 talks to a total of 376 people during the year.

Other Communicable Diseases

Many other communicable diseases are investigated by nursing staff in a number of settings including schools, homes and day cares. Diseases requiring followup include infectious hepatitis, salmonella, shigella, certain intestinal parasites, scabies, pediculosis, diphtheria and red measles. Some comparative statistics are presented in the following table.

Other Communicable Disease Concerns

	1979	1980	1981	1982
Home Visits	512	626	725	551
School Screening	2,692	1,626	2,067	2,560

OTHER SERVICES

Family Planning

Birth control information is included in various nursing programs. Each prenatal series includes this topic, thereby reaching 1,719 people. Again, it is discussed at each postnatal visit (3,235). Nurses are involved in the Family Life programs of many schools, which has sometimes included either their teaching or acting as a resource person for this subject area. An additional 48 family planning consultations were held with individuals.

Home Visiting

Home visits are made for a large range of health concerns and health teaching opportunities. In 1982, 8,325 visits were made with 9,001 hours being allotted to this area of work. In addition to reasons for visits mentioned earlier in this report, these additional concerns were addressed: visits to refugees (176), sudden infant death (25), suspected child abuse (46), adults (3860), Senior Citizens (912), Boarding Care Homes (46). The Provincial S.A.I.L. program accounted for 1,123 referrals leading to 675 home visits, 688 phone calls, and 139 requests to S.A.I.L. for equipment. Visits to native families have increased steadily since we first began monitoring in 1979.

	1979	1980	1981	1982
No. of native families visited	894	1,026	1,226	1,344

A comparison of home visiting statistics over the past five years is presented here.

	1978	1979	1980	1981	1982
No. of visits	7,634	8,064	8,329	7,806	8,325

Telephone Counselling

Many people self-refer to the nursing division seeking information and counselling which can be handled in a telephone interview. This year, 8,235 telephone consultations were given, an increase over last year's total of 8,069.

Referrals

Total referrals from physicians and agencies numbered 2,439. This is an increase of 230 over last year's total of 2,209, and excludes physician referrals to prenatal classes, school referrals and self referrals. Included are referrals from hospitals (nurse-to-nurse) (1,123); S.A.I.L. (1,123); and V.O.N., physicians and other agencies (193).

This division referred 55 clients to V.O.N. or Home Care, and referred 30 suspected cases of child abuse plus 49 other cases to the Department of Social Services. Consultations held with physicians, and other health education or social agencies numbered 2,858, an increase of 583 over last year. Consultations with the department pediatrician numbered 412.

Native Community Outreach Project Statistics (March-December, 1982)

Infant and Pre-School	
Attendance at child health clinics	60
Height and weight done at C.H.C.	195
Contact families re: immunization	146
Provide transportation to C.H.C.	40
Assisted with "Enjoying Your Preschooler Program"	13
Denver Prescreening Developmental Questionnaire	89
Vision and hearing screening done at:	
Day Care Centres	8
Nursery schools	232
Central or Branch clinics	76
Visits to Day Care Centers	9
Visits to Nursery Schools	26
Consultations with Department Pediatrician	4
Community Services	
Community agencies visited	52
Contact with native groups	69
Postnatal hospital visits	119
Consultation with physicians, health, education or social agencies	69
Telephone consultations given with public	41
Cases referred to other community services	17
School Services	
Attendance at schools	80
Weight and Height	4
Hearing screening	285
Vision screening	902
Parent counselling	7
Classroom instruction -number of students*	82
-number of sessions	4
Follow-up native children regarding	
Frequent illnesses	5
Vision and/or hearing	1
Immunization	59
Health records	4
Consultation with department pediatrician	1
Health Education Programs	
Prenatal classes attended	13
Assisted teaching at Native Alcoholism Centre	8
Assisted teaching at Riel Cresaultes	7
Instructed group in community regarding health**	5
Presentation regarding project to health professionals	3

Home Visits

Accompanied by public health nurse		62
Independent		114
Home visits concerned	-infant	42
	-preschool	99
	-school	24
	-adult	40
	-senior citizen	4
	-prenatal	9
	-postnatal from hospital visit	8

*Transcona, St. Jerome and Kitchener
- health education

**Early Learning Centre - hygiene and healthy living tour at Health Department
- nutrition

OTHER ACTIVITIES

The following Nursing Division Committees met:

Nursing Administration	Weekly meetings on administrative matters.
Prenatal Committee	Devised and pre-tested a post labour and delivery evaluation tool, finalized in July, for prenatal class recipients to commence in January, 1983.
Inservice Committee	Planned twice-monthly nurse inservice sessions.
Menstrual Education Committee	Consolidated available menstral education resource material for school health education programs.
Child Health Record Revision Committee	Devised an improved child health record format for use from birth through school, which was phased in the beginning of June of this year. The parent record was also altered to reflect our current immunization policy.
School Clerical Committee	Met once to begin exploring the potential use of school clerical staff to assist in our school admission and discharge paper work.
Screening of 3 1/2 to 4 1/2 year olds Policy and Procedure Committee	Met once to explore feasibility of screening children one year prior to kindergarten entrance.

J. Fowler, Nursing Director, participated in the following committees outside the department:

-Nursing Information Systems (province wide) - re: computerization of health records and nursing statistics.
-Public Health Nursing Advisory (province wide).
-Technical Study Committee, City of Regina - to explore the City's role in implementing recommendations to aid the disabled.
-Merici Centre Advisory Board.
-Balfour Special Tutorial Committee (re: continuing education for teen mothers).
-University of Saskatchewan College of Nursing Revision Committee for the Post-R.N. degree Nursing Elective Course.
-Public Health Nursing Practice and Education Conference Planning Committee (and conference chairman)
-Educational Resources for Parents Workshop Committee (interagency).
-Single Parents Resource Group.
-Regina Child Abuse Prevention Committee (chairman) - member, separate school committee and public school committee to establish school policy on child abuse. The Separate School Board confirmed their policy in December, 1982.
-Member, Child Abuse Awareness Week Committee - Regina held its first "Child Abuse Awareness Week" from November 15 to 21. City Council funded the Proclamation and the media gave excellent coverage, conducting a large number of interviews to heighten public awareness.

The three assistant directors of nursing participated on various inter-agency boards and committees:

Regina Red Cross Society
Downtown Men's Housing Committee
Family Service Bureau Board
F.S.B. Home Care and Homemakers Committee
Liaison with W.I.A.A.S. nursing students
Liaison with Community College
North Central Community Society Liaison Committee
Perinatal Nurses Planning Committee
Cleft Lip and Palate Family Association.

N. Hunter is our public health nurse representative on an inter-agency committee whose goal is to establish a multi-service centre for youth in Regina, with weekly meetings held at Child and Youth Services.

The Nursing Division cooperated with the HITTLINE Committee in meeting twice to discuss potential health information tapes which we will prepare for their telephone information project.

The native community health workers and nurses were involved in health presentations to native seniors at the Riel Cresaultis Society.

The Annual Volunteer Tea was hosted on December 2 to honour our volunteers who contribute hundreds of hours to our Child Health Clinics and school vision screening programs.

PROFESSIONAL EDUCATION

Nursing Students

Public health nurses acted as field guides to nursing students on 217 occasions. This included two classes of diploma nurses taking degree courses (18); two groups of full time nursing degree students (16), and approximately 130 W.I.A.A.S. diploma students.

Staff Development

Each nurse and community health worker averaged 23 hours of inservice during the 27 sessions offered this year. Workshops or seminars outside the department numbered 76, with the average for each nursing division staff being 29 hours. A broad range of nursing related topics were covered, some of which are: dermatology, Social Services, C.P.R., S.T.D., Child Abuse, Parenting, Family Planning, drug dependencies, adolescent and womens sexuality, ultrasound, first aid, labour and delivery breathing exercises, diabetes, mental health and S.H.A.P.

CHILD HEALTH CLINIC STATISTICS - 1982

Name of Clinic	Total Attendance	Total Number of Clinic Sessions	Average Attendance Per Session
Al Ritchie Memorial	203	12	17
Calvary Baptist Church (January-March, 1982)	197	13	15
City Health - Tues	546	51	11
- Thurs	187	37	5
Clarence Mahon Arena	429	23	19
Crescent School	357	12	30
Dieppe School	154	11	14
Evangelical Free Church	559	35	16
Glencairn Rec. Centre	825	28	30
Martha House	256	23	11
Massey School	664	24	28
McCannel School	619	50	12
Peart School	244	12	20
St. Andrews Church	365	23	16
St. Charles Church	119	12	10
Branch Office-Mon p.m.	1,237	46	27
-Tues a.m.	1,056	51	21
-Tues p.m.	867	51	17
-Wed p.m.	255	42	6
-Thurs a.m.	998	49	20
TOTAL	10,137	605	17

Immunization and Communicable Disease Control

IMMUNIZATION AND COMMUNICABLE DISEASE CONTROL

Prevention and control of communicable diseases remain a basic concern of the department and activities in this area are a part of almost every Division's duties.

Our immunization program remains very active with Public Health Nurses administering 38,440 procedures during 1982 to 23,549 individuals. These procedures were carried out in the following facilities:

Central Immunization Clinic	12,393
Branch Office	8,891
Child Health Clinics	11,563
Schools	5,593

Immunization procedures by age groups were as follows:

Infants	14,233
Preschool	12,143
School	9,847
Adults	2,217

During 1982, a special effort was made to immunize as many preschool children as possible against rubeola. Accordingly, all health records were checked and an attempt made by mail and/or telephone to reach those outstanding. An indication of our mobile society is that about 25% of the notices mailed were returned as "moved". Through these intensive efforts we were able to increase our preschool rate from 82.6% to 86.5%. Once children reach school we are able to immunize 98% of them.

The Department continues to be the designated yellow fever vaccination centre for Southern Saskatchewan. During 1982, there were 257 doses administered. A total of 1900 prospective travellers received recommended immunization.

COMMUNICABLE DISEASE CONTROL

The table accompanying this report provides a summary of the reported incidence in Regina during the past year. An explanation and summary appear in the Medical Health Officer's report.

It is interesting to note that only one case of measles was reported during the year. It is hoped that no cases will occur during 1983 since elimination of this disease is our ultimate aim.

The increased number of cases of tuberculosis reported in 1981 (21) has not continued in 1982, there being only six cases reported this year.

CASES OF COMMUNICABLE DISEASES

REPORTED IN REGINA

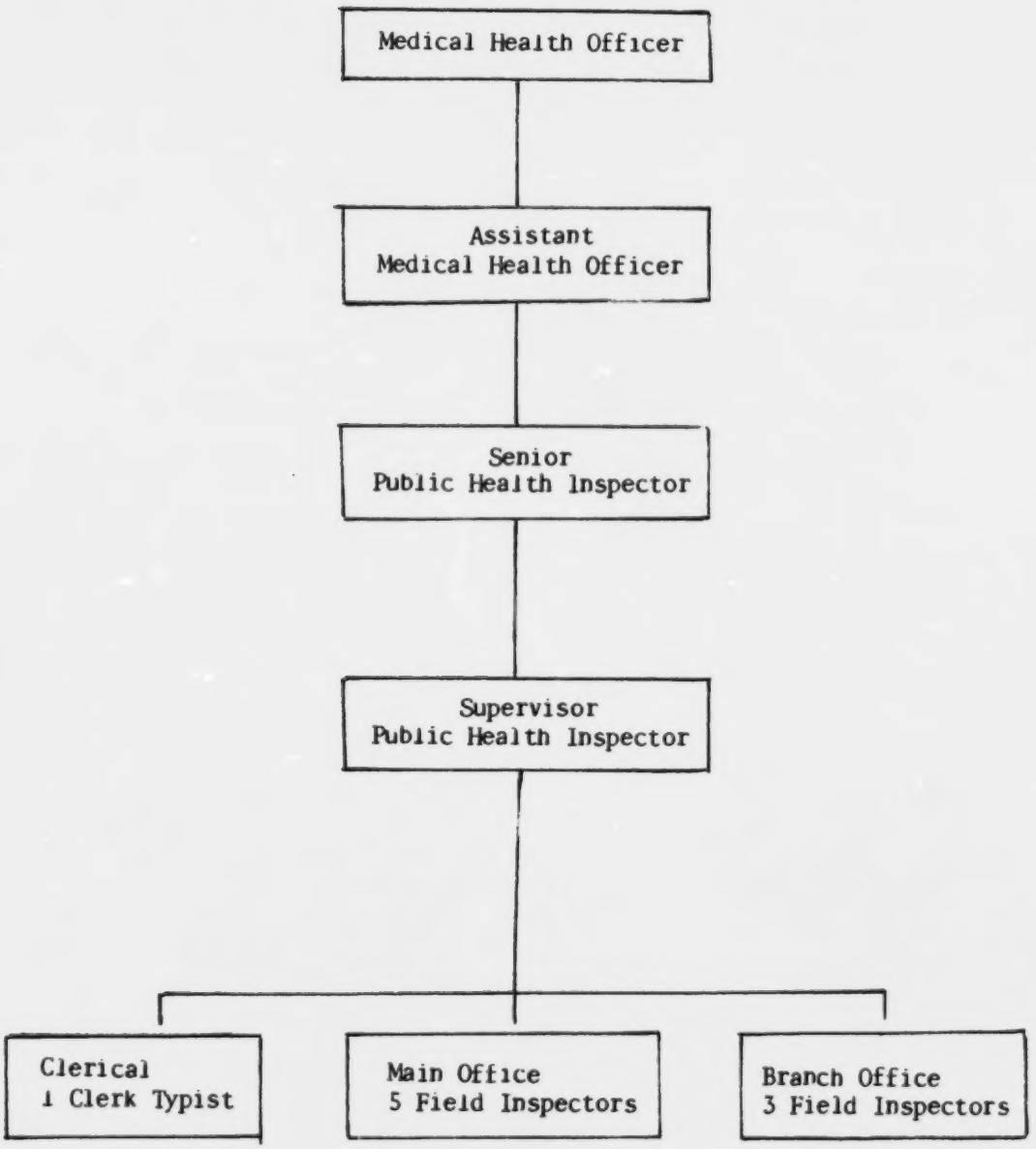
1981 - 82

	1982		1981	
	NUMBER	RATE*	NUMBER	RATE*
Intestinal Infectious Diseases				
Typhoid	--	--	--	--
Paratyphoid	--	--	--	--
Salmonellosis	66	39.8	49	30.0
Bacillary Dysentery	19	11.5	41	25.1
Food Poisoning (staph)	13	7.8	1	0.6
Diarrheal Disease	519	312.7	419	256.7
Enteritis (E. Coli)	1	0.6	15	9.2
Other Bacterial Diseases				
Tuberculosis, Pulmonary	3	1.8	15	9.2
Tuberculosis, Other	3	1.8	6	3.7
Diphtheria	--	--	--	--
Meningococcal infections	2	1.2	--	--
B-haemolytic streptococcal infection	9	5.4	65	39.8
Whooping cough (pertussis)	--	--	2	1.2
Virus Diseases of C.N.S.				
Aseptic meningitis	31	18.7	7	4.3
Western equine encephalitis	--	--	--	--
Polio	--	--	--	--
Other Virus Diseases				
Infectious hepatitis	10	6.0	18	11.0
Measles	1	0.6	5	3.1
Rubella	9	5.4	11	6.7
Venereal Disease				
Gonococcal infections	571	344.1	507	310.6
Syphilis	4	2.4	3	1.8
Other	--	--	--	--
Other infectious Diseases	2,922	1,760.8	1,803	1,104.7
POPULATIONS		165,952		163,217

* per 100,000 population

Environmental Health Division

ENVIRONMENTAL HEALTH DIVISION



ENVIRONMENTAL HEALTH DIVISION

STAFF

This division is made up of eight District Public Health Inspectors, one Assistant Senior Public Health Inspector and one Senior Public Health Inspector and a Clerk Typist.

AIMS

The Environmental Health Division continues to strive to make our environment a healthier and safer place to live, by preventing health hazards from arising and by removing those hazards that exist. Continuing efforts are being made to improve sanitation standards throughout the City. During 1982 a total of 10,481 inspections, investigations and tests were made by the staff. A total of 1220 complaints of various nature were attended to.

FOOD CONTROL

The area of food control has been a priority in this division due to an increased number of complaints and public interest. Due to the growth of the city more establishments are opened for business that require public health inspectors' time. Complaints are mainly due to the concerns relative to food items, particularly cases of food poisoning or food safety. At the end of 1982 there were a total of 389 public eating establishments in Regina. These required 2043 inspections, four degradings and 18 written orders. Thirty-five food poisoning cases which resulted in 202 individuals becoming ill were investigated. One large food poisoning occurrence resulted in one of our Special Care Homes. Thorough investigations and foodhandling classes were held by the inspectors.

There were 531 inspections made of all our grocery stores, meat markets, confectionaries, bakeries and food warehouses. Display and handling of bulk food items have created some concerns. Meetings and discussions with all foodhandlers have been held; certain restrictions and guidelines were implemented.

This year an increased effort was made to upgrade all food establishments by audio-visual education sessions, on the spot training and more enforcement by degrading, issuing of orders or closures.

WATER SAMPLING

There were 1139 water samples submitted for analysis. Sampling and chlorine readings have increased this year due to some of the problems we encountered in our raw water supply and odour and taste complaints. Due to the odour and taste problems, many water filters of various descriptions are being installed. This again may create a problem in the future.

ENVIRONMENTAL HEALTH CONTROL

Poor housing and lack of proper maintenance continue to be a great concern for this division. A total of 2436 housing and property inspections were made resulting in 108 premises placarded as unfit for human occupation. Every effort is made to control slum dwellings; 18 placarded premises were demolished and/or removed and 36 placarded premises were repaired and/or renovated resulting in removal of placards. The total number of non-modern dwellings remaining in the city at the end of 1982 was 16. There were 98 actions taken under Section 195 of the Urban Municipality Act for untidy and unsightly premises. Five of these premises were cleaned up by the City's Public Works Department. Actions were taken by the City under Section 140 and 197 of the Urban Municipality Act to demolish old housing or buildings and remove wrecked vehicles. These actions are certainly showing improvements in controlling unsatisfactory conditions within the city. The general public and community service groups are putting more and more pressure for better controls on housing and property maintenance.

Continued demands are made on this division in regard to inspections and reports on institutions such as special care homes, schools, various types of group homes, boarding care homes and day care centres. Due to growing public interest in recreation and sports, more emphasis has been put into providing better sanitary standards in all public playgrounds, parks, rinks and swimming pools. Paddling pools were again refused a permit due to noncompliance with provincial regulations and are constantly of health concern.

CARBON MONOXIDE

Frequent carbon monoxide monitoring during the fall and winter months continued at our ice rinks. Tests were taken for carbon monoxide levels at various times of the day at each facility. Due to the high levels of CO found in most arenas, all ice machines have been converted from gas to propane. Findings indicate that CO has been much reduced and found much below the recommended standards. Continuous readout equipment has been purchased for our department. CO monitoring will continue.

RODENT AND PEST CONTROL PROGRAM

City Council should be complimented in continuing and expanding the Rodent and Pest Control Program. This program is under contract with a local exterminator. A number of pests (gophers, rabbits) have been successfully controlled. It is hoped that the program will extend to wild pigeons and wasps in 1983. Over expenditure has been authorized in wild pigeon control in some areas.

We were fortunate to bring in a local bylaw prohibiting beekeeping within the city this year. This will help eliminate some of the difficulties we had in the past.

OTHER INSPECTIONS

Regular inspections and control measures have been carried out in all other environmental areas such as offices, barber shops, beauty parlours, malls, arcades and other various public facilities. The public health inspectors keep a constant watchful eye on any facility that is established in his district. The electric arcades are giving us some concern. Reports and recommendations have been made to the City. A local bylaw is being contemplated in the near future.

GENERAL

A total of 1220 various complaints have been received and investigated or referred to the proper authorities. There were 109 complaints received directly related to the keeping of dogs. The keeping of dogs is becoming a real concern; yards are not kept clean; kennels are too close to neighbours' property; barking, numbers of dogs on the property all contribute to complaints. Recommendations have been made to the City Council with regard to bringing in better legislation to control the keeping of pets (once the Urban Municipality Act is amended to allow this.) Also the dog bites are of great concern; 273 bites were reported; we were fortunate that no serious problem has occurred.

A total of 835 verbal notices were issued and 671 written notices or orders were issued for the year. One prosecution case was heard dealing with the trailer court.

Community Education

There were 13 informational talks given to various groups (community groups, schools and church organizations.) Approximately, 730 office consultations were held and 838 telephone consultations regarding various problems and concerns of the general public. A number of interviews were held with the Leader Post and radio and T.V. personnel.

SUMMARY

The inspectors are continually faced with greater demands for services from the general public and other governmental agencies (Municipal, Provincial and Federal). Every effort is made to co-ordinate efforts to achieve good, safe health standards for the people of Regina. The complexities of modern living give a variety of new problems to be found and the need for the new programs, amendments to bylaws and regulations are continually being considered and are implemented when possible.

We greatly appreciate the co-operation received from all other divisions within the Department, other City Departments, the general public and elected officials and government agencies.

CITY OF REGINA HEALTH DEPARTMENT - ENVIRONMENTAL HEALTH DIVISION-FUNCTIONAL ORGANIZATIONAL CHART

MEDICAL HEALTH OFFICER

ASSISTANT MEDICAL HEALTH OFFICER

- ADMINISTRATIVE SERVICES DIVISION
- MATERNAL & CHILD HEALTH DIVISION
- BIOSTATISTICIAN DIVISION
- ENVIRONMENTAL HEALTH DIVISION
- PUBLIC HEALTH NURSING DIVISION
- NUTRITION DIVISION

FOOD PROTECTION

- Retail
- Wholesale
- Processing (Bakeries, Plants Manufacturing etc.)
- Public Eating Establishments
- Licensed Premises
- Bottling Plants
- Catering
- Meat & Fish Markets

WATER QUALITY AND SOLID WASTE CONTROL

- Drinking Water
- Sewage Disposal
- Solid Waste
  - (Landfill, Incineration)
- Cross Connection Control

HOUSING AND COMMUNITY ENVIRONMENT (PROPERTY)

- Housing
- Motels, Hotels & Trailer Courts
- Institutions
- Apartments
- Rooming Houses
- Schools
- Special Care Homes
- Hospitals
- Day Care Centres
- Group Homes etc.
- Boarding Care Homes
- Property Control

ENVIRONMENTAL CONTROL

- Barber Shops & Beauty Parlours
- Recreation
  - Parks
  - Rinks
  - Pools
  - Recreation facili
- Public Places
  - Theatres
  - Bowling Alleys
  - Dance Halls
  - Coin Laundries
- Retail
- Offices
- Factors
- Nuisance Control
- Plans Approved

INSECT, RODENT AND ANIMAL CONTROL

- Insect Control
- Rodent Control
- Pet Control
- Dog and Animal Bite Control (Rabies)

HEALTH EDUCATION

- Public Talks
- Talks to Schools and Clubs
- News Media
- Educational Seminars
- Complaints
- Preparing Information (Pamphlets & Brochures)
- Orientation

POLLUTION CONTROL

- Air
- Noise
- Odour
- Carbon Monoxide
- Wren-free
- Warrazon

ENVIRONMENTAL HEALTH DIVISION STATISTICS

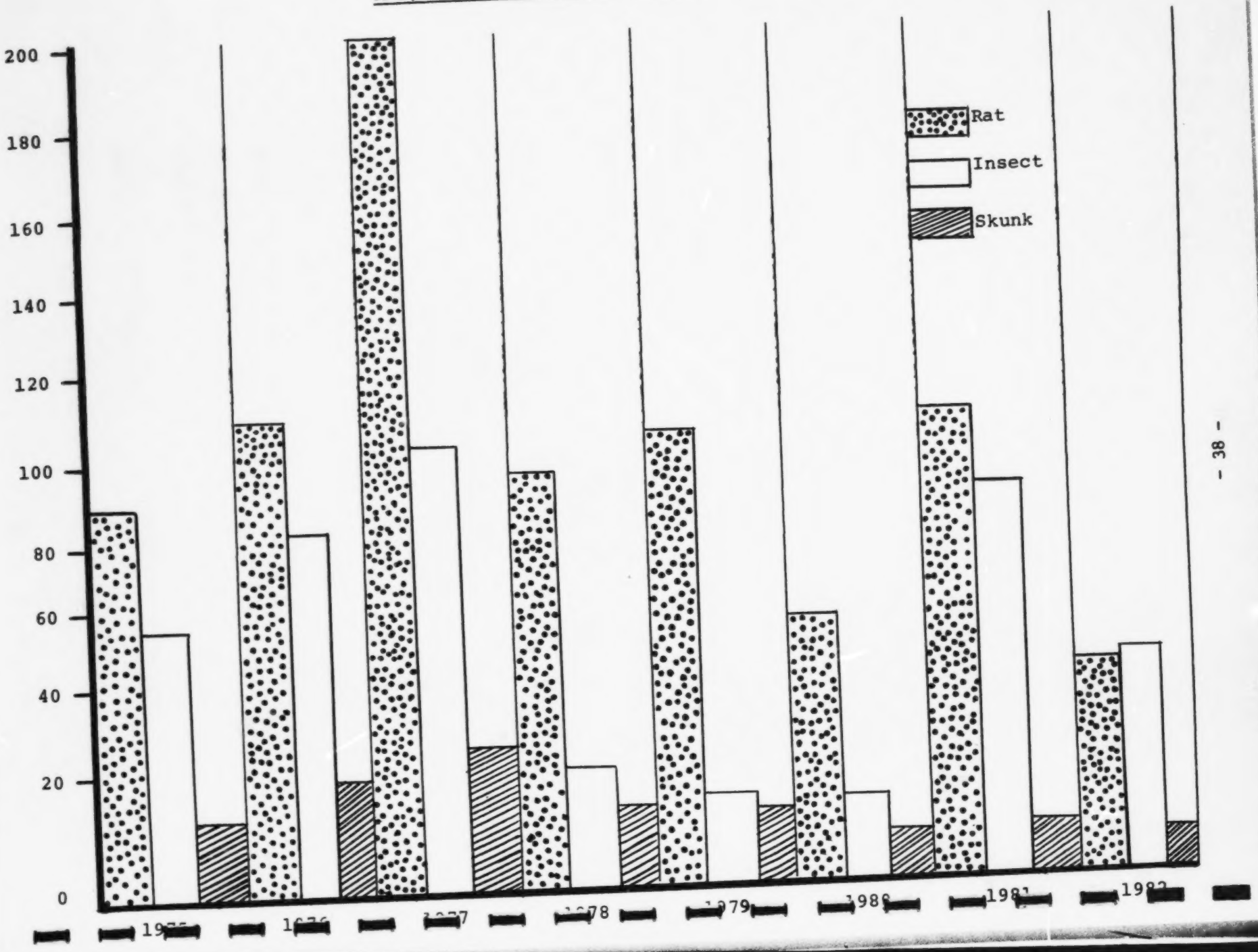
	1981	1982
1. Food-handling		
(a) Public eating establishments	1459	1408
(b) Licensed premises/beverage rooms, etc.	157	325
(c) Public eating establishments - itinerant	177	310
(d) Public eating establishments - closed	13	26
(e) Public eating establishments - opened	51	30
(f) Public eating establishments - orders issued	-	18
(g) Public eating establishments - degraded	4	4
(h) Jamieson tests	39	99
(i) Food manufacturing premises, bakeries, bottlers, meat processing	109	141
(j) Stores - grocery, meat, confectionery	381	390
(k) Dairy products - complaints	13	4
(l) Food products condemned - quantity	12	586
(m) Investigation - (1) Possible food poisoning	34	35
(2) Number of individuals involved	300	202
(3) Food samples submitted to Lab	34	17
(n) Laboratory examination of - (1) Food Samples	31	23
(2) Water samples	906	1139
(3) Chlorine tests	-	200
2. Housing		
(a) Inspections - (1) Commercial buildings	185	188
(2) Commercial properties	-	163
(3) Private dwellings	724	797
(4) Private properties	1715	1639
(b) Apartment blocks, hotels, motels, trailer courts	207	230
(c) Premises placarded	71	108
(d) Action initiated - Section 195 of the Urban Municipality Act	117	98
(e) Action initiated - Section 140 of the Urban Municipality Act	24	20
(f) Action initiated - Section 29 of the Public Health Act	2	1
(g) Miscellaneous - Formaldehyde testing, etc.	-	177
3. Institution, Industries, Recreation Areas		
(a) Institutions, S.C. homes, D.C. centres, A & B.C. homes, hospitals	170	209
(b) Service, trades, industries, beauty parlours barbers, laundromats	161	192
(c) Recreation areas - (1) Indoor - bowling, pool rooms, games arcades	77	105
(2) Outdoor - parks	-	22
(3) Indoor ice arenas - (a) Inspection	74	26
(b) CO testing	42	18
(4) Swimming pools, paddling pools (a) Inspection	205	234
(b) Water samples	135	177
(c) Closures	-	13

	1981	1982
4. Insect, Rodent Control, Animal Bitings		
(a) Insect - infestations	93	47
(b) Rodent calls reported	114	45
(c) Rodent - (a) Infestation confirmed	33	11
(b) Inspection of premises/property	9	33
(d) Skunk infestations reported	13	5
(e) Skunks exterminated	4	3
(f) Animal bitings investigated	346	273
(g) Pests reported - gophers, pigeons, rabbits	-	28
Pests exterminated	-	19
5. Complaints	1133	1220
6. General		
(a) Plans reviewed	173	207
(b) Notices - (1) Verbal	645	835
(2) Written	507	671
(c) Consultation - (1) Personal	331	730
(2) Telephone	551	838
(d) Meetings - (1) General Staff	75	74
(2) Divisional	86	66
(e) Communicable disease investigations	8	8
Number of individuals involved	11	8
(f) Photographs taken	511	608
(g) Courses held - (1) Swimming pool operators, food-handling, etc	12	13
(2) Number attended	104	597
(h) Courses/seminars attended	-	17
(i) Court duty	-	3

COMPLAINTS RECEIVED - 1982

Months	Housing	Yards/ Properties	Yards Dog Related	Birds	Insects	Animals (Mice)	Water	Milk	Food	Food Stores	P.E.E.	Heating Referred	Garbage & Refuse	Public/ Commercial Buildings	Recreation Areas	Miscella-neous	TOTAL
January	19	8	3	-	2	3	8	-	1	-	4	1	1	5	1	10	66
February	20	4	2	-	1	-	6	-	5	1	4	-	-	4	-	15	62
March	19	8	3	-	6	1	3	-	2	2	3	1	1	7	4	14	74
April	28	103	34	3	2	1	6	-	3	2	2	-	4	1	-	16	205
May	21	64	14	-	6	2	5	-	2	2	5	-	5	4	3	17	150
June	20	69	11	-	4	3	1	1	3	-	4	-	4	4	1	18	143
July	24	35	13	4	9	-	3	-	4	-	3	-	2	4	1	14	116
August	24	45	14	1	7	3	6	-	3	1	6	-	-	2	3	16	131
September	17	24	7	-	2	-	3	-	5	-	5	1	5	3	1	15	88
October	9	15	4	1	2	-	-	-	3	2	4	2	-	-	2	17	61
November	20	17	3	1	4	3	-	-	4	-	2	2	3	3	2	12	76
December	10	3	1	-	3	-	3	-	1	2	3	4	1	3	1	13	48
TOTAL	231	395	109	10	48	16	44	1	36	12	45	11	26	40	19	177	1220

RAT, INSECT AND SKUNK REPORTS



1 9 8 2 REPORT ON PLACARDED HOUSES

MONTH	DEMOLISHED	REPAIRED	TOTAL
January	-	2	2
February	1	3	4
March	-	-	-
April	1	2	3
May	1	4	5
June	3	2	5
July	5	3	8
August	-	-	-
September	1	3	4
October	2	8	10
November	1	5	6
December	3	4	7
TOTAL	18	36	54

1982 - NUMBER OF ANIMAL BITINGS REPORTED IN REGINA BY AGE GROUP

Age Group	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total	%
0-4	1	4	1	4	7	7	4	7	1	4	1	1	42	15.4
5-14	2	5	9	6	7	18	9	13	8	9	8	4	98	35.9
15-24	5	5	2	3	2	10	8	2	5	3	2	4	51	18.7
25-44	1	-	4	7	3	7	4	4	5	2	5	-	42	15.4
45-64	-	1	1	2	2	4	3	4	2	3	1	1	24	8.8
65+	-	1	1	-	1	1	1	-	-	2	-	1	8	3.0
Unknown	-	-	1	1	-	-	1	1	2	1	-	1	8	3.0
Total	9	16	19	23	22	47	30	31	23	24	17	12	273	

1982 - REPORTED ANIMAL BITINGS

Animal	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total	%
Dogs Contained	3	10	8	10	8	17	12	16	2	10	6	4	106	38.8
Dogs at Large	3	2	2	4	5	16	10	5	4	5	2	3	61	22.3
Unknown	2	4	7	9	8	13	8	7	17	7	8	5	95	34.8
Sub-total	8	16	17	23	21	46	30	28	23	22	16	12	262	
Cats	1	-	2	-	1	1	-	-	-	2	1	-	8	2.9
Rats	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bats	-	-	-	-	-	-	-	1	-	-	-	-	1	0.4
Other	-	-	-	-	-	-	-	2	-	-	-	-	2	0.7
TOTAL	9	16	19	23	22	47	30	31	23	24	17	12	273	

Nutrition Division

NUTRITION DIVISION

1982 was a challenging year for the nutrition division. Closer communication with the nursing division resulted in the development of nutrition education materials. A great quantity of nutrition materials was supplied to schools, public organizations and the general public, indicating an upsurge of interest in nutrition information.

Canada Nutrition Month, March 1982

During the month, kits of nutrition material were supplied to every Regina high school. As well, the nutritionists discussed nutrition projects for promoting Canada Nutrition Month with public high school principals, physical education instructors, home economics teachers, guidance counsellors, and members of the students' representative councils.

Nutrition Education Resources

Nutrition teaching aids were developed for the public health nurses. They included grocery bag game sets, baby food displays, folders with itemized lists and sample copies of current nutrition handouts for professional and public distribution, lists of audiovisual aids and publications for nutrition education in the schools.

* A pilot project - Teen Weight Control program was developed and begun in three Regina schools.

* A publication entitled "Food For The First Year" was developed and printed.

* Ten nutrition articles were developed on various subjects for HITTLINE - a new community information system of telephone tapes.

Several working days were spent evaluating provincial nutrition publications and preparing comments to forward to the provincial nutritionist.

Orientation

Nutrition orientation was provided for several professionals in the health field including seven new public health nurses, two dietetic interns, three community health workers, eight university student nurses, two medical interns, and a new provincial health regional nutritionist.

Mass Media

Several appearances were made with the media including:

* AM Magazine (CKCK-TV) - discussing Canada Nutrition Month
* CKCK-TV - interview concerning food budgeting and Canada's Food Guide
* CFMQ Lifestyles - discussion of nutritious breakfasts
* CBC radio interview on good nutrition for Halloween.

Educational Talks to the Community

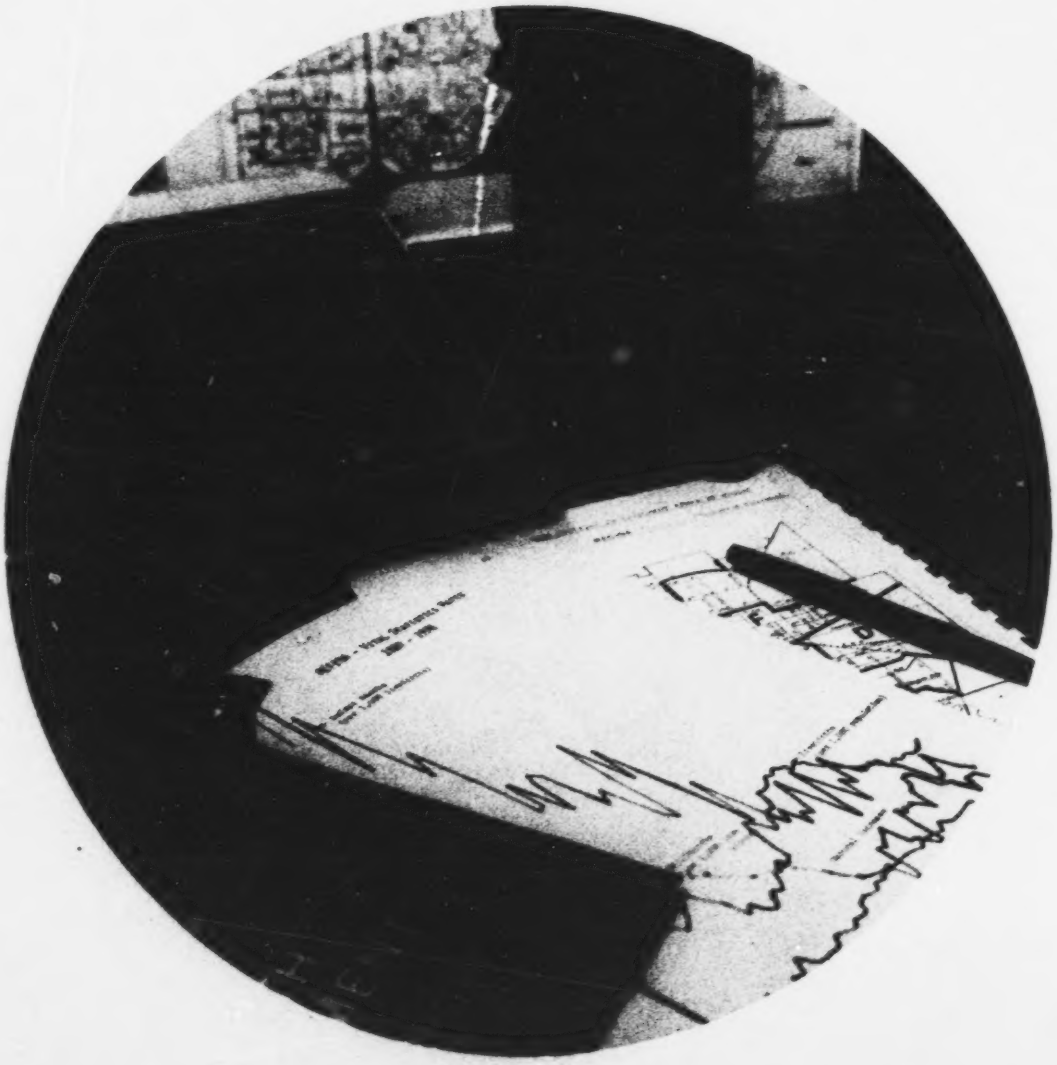
A total of 63 presentations were made in 1982. These included talks to such groups as Quit For Good, residents and staff at Regina Lutheran Home, single mothers with infants at Glen Elm Library, YWCA, Scenic Residential Society Home Group, Order of the Eastern Star, Regina Plains Community College, Senior Citizens' Recreation Centres, staff at Pioneer Village Nursing Home, Boys' Cub Pack, Beta Sigma Phi, Teen Health Club, Tops.

NUTRITION DIVISION STATISTICS

	TOTAL 1982	TOTAL 1981
Education Materials and Information to the Community		
Individual members of the public	618	574
Elementary schools	89	72
High Schools	92	71
School boards and superintendents	32	8
Hospital staff	138	129
Physicians	6	13
City Health Department staff	2,642	2,276
Provincial health staff	152	215
Government agencies	217	260
Other special agencies or groups	893	819
Special Diet Consultations		
Reducing diet	296	269
Diabetic diet	27	23
Low cholesterol	9	13
Allergies	49	32
Low sodium diet	12	24
Bland, ulcer and low residue	16	1
Other	34	31
Meetings Attended	116	89
Seminars, Workshops	10	24
Education Talks to the Community		
Elementary school classes	2	0
High school classes	3	0
Community weight control groups	2	6
City Health Department staff	8	3
Community groups	30	39
Other	18	14

	TOTAL 1982	TOTAL 1981
Media Interviews, Conferences, etc.	26	9
Office telephone calls from Regina citizens requesting information	1,861	2,016
Visits made by Regina citizens to Nutrition Division for information	2,278	2,395
Letters sent to Regina citizens concerning general nutrition information and/or special diet information	267	245
Visits made by Nutritionist to homes, institutions, schools, etc., to supply nutrition information	45	66
Individual weight reduction counselling (approximate hours spent)		
Office visits	67	48
Telephone calls	23	23
Field Trips	3	6
Individual special diet consultations (approximate hours spent)		
Office visits	11	10
Telephone calls	25	26
Field Trips	2	1

Biostatistics Division



BIOSTATISTICIAN

RESPONSIBILITIES

The role of the biostatistician involves research and planning for the Health Department. As well, she is involved in assisting the various divisions to evaluate on-going programs and to investigate different health areas thereby assisting the department in its development of future goals and programs. The biostatistician may assist in or directly plan programs directed to meet the changing needs of the community. The evaluation of bylaws and legislation is also within the scope of this division.

A data base of statistics useful to the department is maintained and the biostatistician also acts as a resource person in dealing with procedures of collecting data.

The Boarding Care Home Bylaw is administered by this division and some assistance is given to the Buildings and Civic Properties Department in the administration of Bylaw #6849 (respecting smoking in public places.) The division is also involved in activities relating to the promotion of the Health Department and its programs. As well, Quit For Good, a smoking cessation program, is administered by this division.

STATISTICS

A number of tables relating data pertinent to the Health Department can be found in the statistical section following this report. In particular two tables, one highlighting vital statistics over the last ten years and another illustrating a historical summary of statistics over the last 61 years can be found on Pages 50-51. The former table shows that although the population has increased approximately 1.4% each year over the last ten years, the birth and death rates have fluctuated little. Infant mortality[1] has decreased steadily over the years to a rate of 8.9 deaths per 1,000 live births in 1982. Similarily neonatal mortality[2], perinatal mortality[3] and still-births have decreased over the past ten years.

Information received from the 1981 Census proved useful in a variety of situations (see pages 52 to 54). Determining which areas of the city were increasing in population and which areas had the greatest number of infants and preschoolers proved helpful in planning the future delivery of services.

[1]Less than one year of age

[2]Less than one month of age

[3]Less than one week of age and stillbirths

An analysis of Regina births (see Page 55) shows that 463 (15.3%) of all births were to single mothers and 347 births (11.4%) were to mothers still in their teen years.

An analysis of Regina deaths (see Page 56) shows that over half the deaths are still either as a result of heart disease or cancer. The numerous lifestyle decisions that affect the development of these diseases are of concern to the Health Department and the promotion of a healthy lifestyle one of its priorities.

The rates of occurrence of certain communicable diseases can be seen on page 28. A discussion of these can be found in the Medical Health Officer's report. An analysis of venereal disease cases shows that approximately one quarter of all cases occur to individuals in their teens. The vast number of cases are gonorrhea with only four cases of syphilis being reported in 1982.

Methods of collecting and maintaining statistics were reviewed within the biostatistics division and assistance in developing a new format for statistics was also given to the nutrition division. New procedures for these divisions will begin in 1983. In addition data from the 1981 census were utilized to make a map of population distribution which would assist the nursing division in its planning for distribution of services.

SURVEY OF SIX WESTERN CANADIAN HEALTH DEPARTMENTS

The survey which had been designed in 1981 encompassed three main areas:

1) Demographics, budgets and staff
2) Services of public health nursing
3) Services of public health inspection division

Results were received from the health departments of Victoria, Vancouver, Edmonton, Calgary, Saskatoon and Winnipeg. Differences in populations, age groups, cultural groups, budgets and staff numbers were documented. An analysis of the programs offered in the areas of public health nursing and environmental health indicated that although there were some variations from region to region, services generally were comparable.

BYLAWS AND STATUTES

A reorganization and updating of bylaws and provincial statutes relevant to the department's work was completed. A corresponding set of books containing statutes and bylaws of interest to the environmental health division was also developed.

BOARDING CARE HOMES AND SPECIAL CARE HOMES

The ongoing concerns of the Health Department regarding private homes caring for 4 to 14 persons have increased during 1982.

The numbers of these homes seem to be increasing and the lack of provincial guidelines and standards is of concern to both operators and families whose relatives reside in these homes. Several reports were done documenting the situation and it is hoped that 1983 will see positive developments in this area.

BYLAW #6849 -- CONCERNING SMOKING IN PUBLIC PLACES

Inquiries concerning the smoking bylaw are often received from the public and questions regarding interpretation are answered by this division. Information has also been provided to the media and to other cities when requested.

During 1982, the areas covered by the bylaw were explained on one of the 'Police Reports' on CKCK-TV.

QUIT FOR GOOD

Quit For Good programs were run approximately once a month during 1982.

January again saw the Health Department involved in promotion of National Non-Smoking Week (January 24-30). Activities included:

- Telephone "Help Line" -- This was operated by Quit For Good staff who gave advice to smokers wanting advice on quitting. 104 Regina citizens as well as some rural callers phoned in during the week.
- Media interviews with several radio and television stations and the Leader Post.
- Distribution of posters, pamphlets, etc., by public health nurses to schools.
- Press kits to the media.
- Banner over Albert Street Bridge.

Several interviews concerning quitting smoking were also done for the CFMQ Lifestyles program later in the year.

As well the biostatistician spoke at the Drug and Alcohol Abuse Seminar which was sponsored by the Saskatchewan Alcoholism Commission.

In October, the biostatistician joined Dr. Roesser of Ottawa and Dr. Bass of Vancouver in speaking to a meeting of health workers at the Regina General Hospital. The topic for the meeting was "How to Help Patients Stop Smoking: The Practical Aspects".

An abstract of a paper outlining the results of the Quit For Good program was accepted by the committee for the Fifth World Conference on Smoking and Health. The conference which will be attended by delegates from around the world will be held in Winnipeg in July, 1983.

LIAISON COMMITTEE

The biostatistician represented the Health Department at meetings of the Liaison Committee. The committee is made up of representatives from many different agencies, departments and groups who have concerns in the area of drug and alcohol abuse among Regina's youth.

DEPARTMENT PROMOTION AND INFORMATION

This division is also involved in co-ordinating information for community directories, the Health Department's annual report, the provincial health department's annual report and the promotion of Health Department programs and certain health-related "weeks".

HISTORICAL SUMMARY OF VITAL STATISTICS

FOR REGINA -- 1921 - 1982

YEAR	POPULATION	BIRTHS	BIRTH RATE*	DEATHS	DEATH RATE*	NATURAL INCREASE	NATURAL INCREASE RATE*	INFANT MORTALITY	INFANT MORTALITY RATE**
1921	34,497	972	28.2	225	6.5	747	21.7	69	71.0
1926	37,394	784	21.0	242	6.5	542	14.5	54	68.9
1931	53,274	1,207	22.7	292	5.5	915	17.2	56	46.4
1936	53,419	831	15.6	328	6.1	503	9.4	49	59.0
1941	58,310	1,059	18.2	346	5.9	713	12.2	36	34.0
1946	60,311	1,489	24.7	407	6.8	1,082	17.9	60	40.3
1951	71,626	1,802	25.2	528	7.4	1,274	17.8	41	22.8
1956	90,128	2,586	28.7	665	7.4	1,921	21.3	68	26.3
1961	112,457	3,189	28.4	711	6.3	2,478	22.0	73	22.9
1966	131,260	2,971	22.6	885	6.7	2,086	15.9	65	21.9
1971	142,239	2,745	19.3	788	5.5	1,957	13.8	33	12.0
1976	154,107	2,796	18.1	979	6.4	1,816	11.8	28	10.0
1981	163,217	2,877	17.6	885	5.4	1,992	12.2	22	7.7
1982	165,952	3,033	18.3	1,013	6.1	2,020	12.2	27	8.9

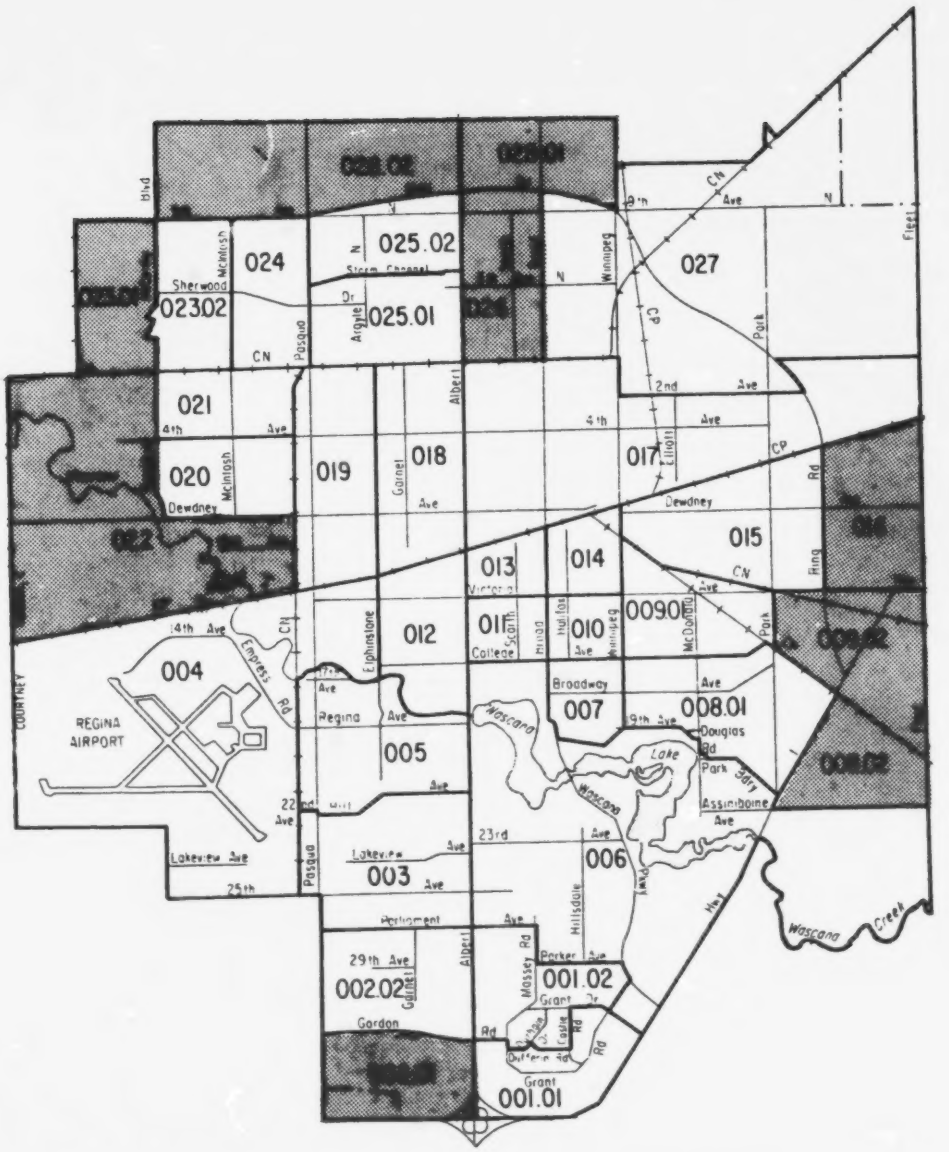
* per 1,000 population

** per 1,000 livebirths

CITY OF REGINA - STATISTICS HIGHLIGHTS - 1972 - 1982

	1982	1981	1980	1979	1978	1977	1976	1975	1974	1973	1972
POPULATION	165,952	163,217	161,142	159,474	159,260	157,054	154,107	150,610	147,004	144,942	145,082
Percentage change from previous year	1.7	1.3	1.1	0.1	1.4	1.9	2.3	2.5	1.4	0.1	2.0
BIRTHS	3,033	2,877	2,975	2,994	2,774	2,775	2,796	2,683	2,555	2,739	2,660
Rate/1,000 pop.	18.3	17.6	18.5	18.8	17.4	17.7	18.2	17.8	17.4	18.9	18.3
DEATHS	1,013	885	916	934	981	897	941	927	943	942	873
Rate/1,000 pop.	6.1	5.4	5.7	5.9	6.2	5.7	6.1	6.2	6.4	6.5	6.0
NATURAL INCREASE	2,020	1,992	2,059	2,060	1,793	1,878	1,837	1,756	1,612	1,797	1,787
Rate/1,000 pop.	12.2	12.2	12.8	12.9	11.3	12.0	12.0	11.7	11.0	12.4	12.3
INFANT MORTALITY	27	22	29	27	27	36	28	33	42	50	33
Rate/1,000 live-births	8.9	7.7	9.8	9.0	9.7	13.0	10.0	12.3	16.4	18.3	12.6
NEONATAL MORTALITY	15	17	18	17	22	23	25	22	26	38	24
Rate/1,000 live-births	4.9	5.9	6.1	5.7	7.9	8.3	8.9	8.2	10.2	13.9	9.0
STILLBIRTHS	20	21	20	18	24	21	20	26	26	28	20
Rate/1,000 live-births	6.6	7.3	6.7	6.0	8.7	7.6	7.2	10.0	10.2	10.2	7.5
MATERNAL MORTALITY	0	0	0	0	0	0	0	0	0	0	0
Rate/1,000 live-births	0	0	0	0	0	0	0	0	0	0	0
PERINATAL MORTALITY	31	34	36	29	42	38	43	44	47	62	41
Rate/1,000 live-births and still births	10.2	11.7	12.0	9.6	15.0	13.6	15.4	16.2	18.2	22.4	15.3

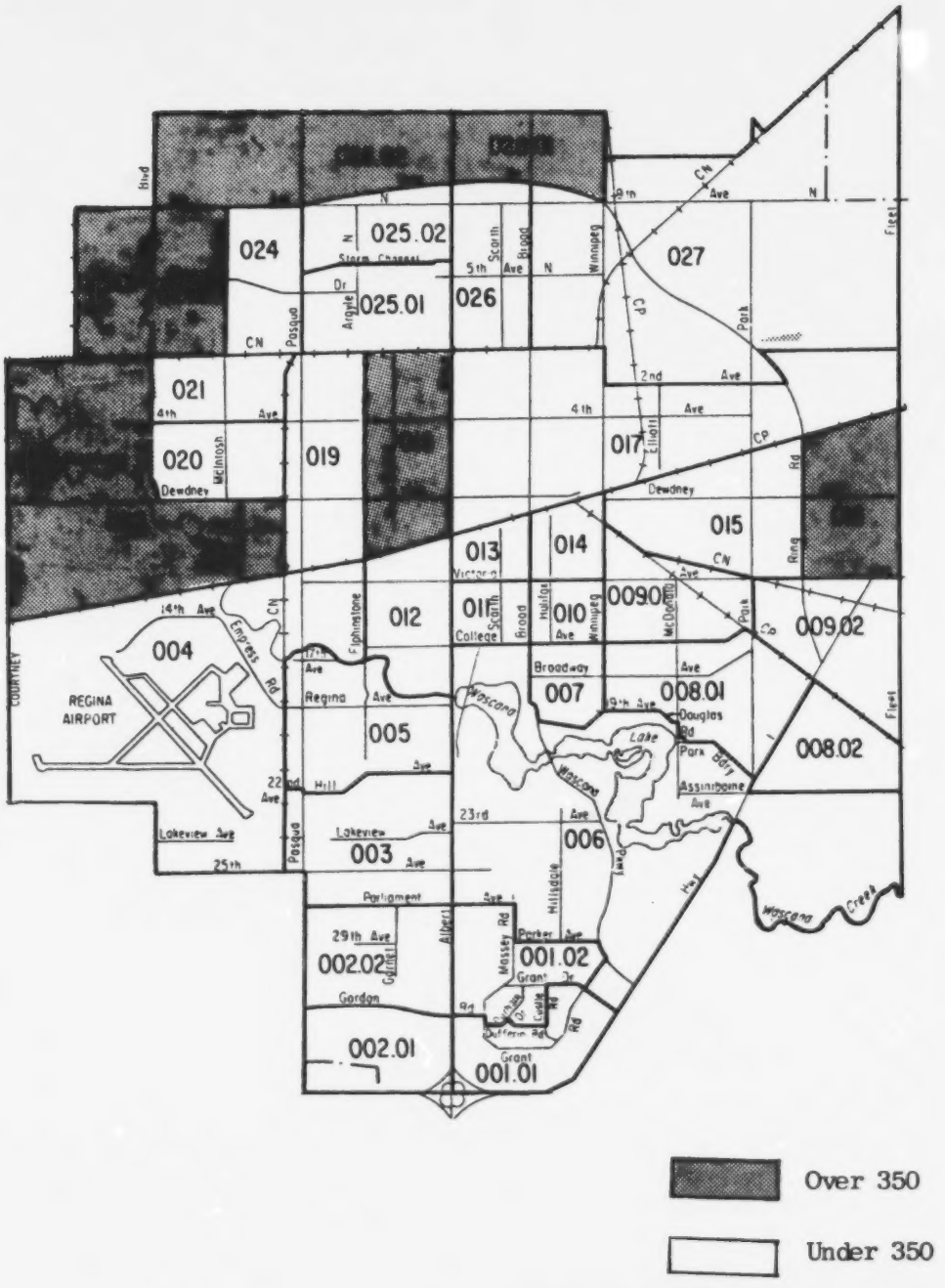
Census Tracts With Increasing Populations



SOURCE:1976 Canada Census

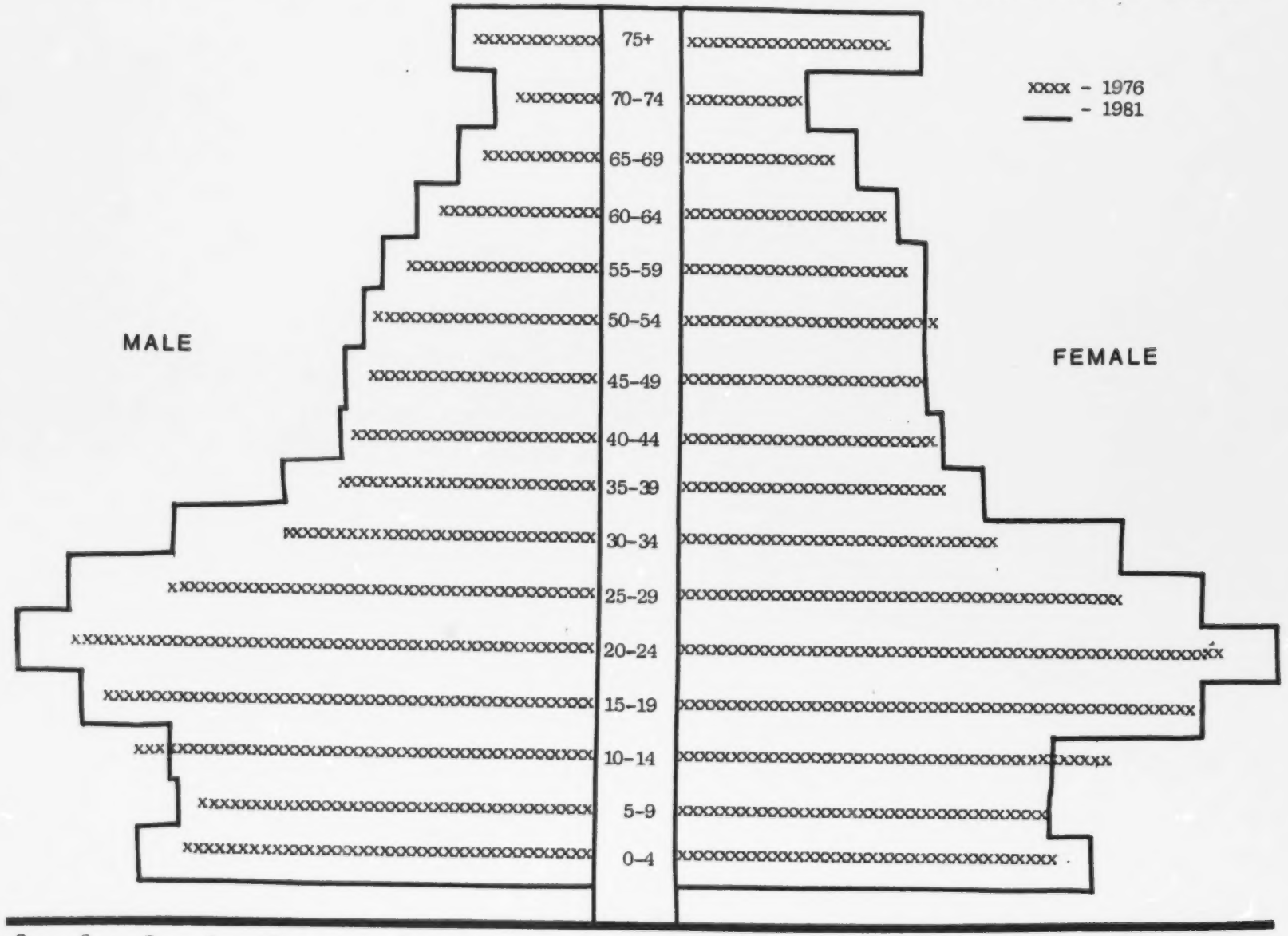
1981 Canada Census

Census Tracts With Greatest Number(over 350) of Children 4 Yrs of Age or Younger



SOURCE:1981 Canada Census

POPULATION OF REGINA BY 5 YEAR AGE GROUPS AND SEX



SOURCE: CANADA CENSUS

REGINA BIRTHS BY MARITAL STATUS

AND AGE OF MOTHER

1982

AGE	MARITAL STATUS		TOTAL BIRTHS	
	SINGLE AND COMMON LAW	MARRIED AND OTHER	NUMBER	PERCENT
11-14	1	--	1	--
15-19	210	136	346	11.4%
20-24	157	841	998	32.9%
25-29	56	1,029	1,085	35.8%
30-34	31	469	500	16.5%
35-39	6	88	94	3.1%
40-44	2	6	8	0.3%
45+	--	1	1	--
TOTAL	463 (15.3%)	2,570 (84.7%)	3,033	100.0%

REGINA DEATHS BY CAUSE

1982

CAUSE	TOTAL	PERCENT
Heart Disease	335	33.1
Malignant Neoplasms	230	22.7
Vascular Lesions of Nervous System	65	6.4
Accidents	37	3.7
Diseases Peculiar to Early Infancy	10	1.0
Pneumonia	65	6.4
Diseases of Arteries	63	6.2
Congenital Malformations	4	0.4
Diabetes mellitus	14	1.4
Suicide	23	2.3
Other	167	16.5
TOTAL	1,013	100.1

NUMBER OF CASES OF VENEREAL DISEASE

IN REGINA BY AGE AND SEX

1982*

AGE	GONORRHOEA		SYPHILIS		TOTAL	
	MALE	FEMALE	MALE	FEMALE	NUMBER	PERCENT
5-9	--	1	--	--	1	0.2
10-14	1	4	--	--	5	0.9
15-19	57	82	--	--	139	24.2
20-24	145	81	--	--	226	39.3
25-29	53	28	--	--	81	14.1
30-39	39	22	2	--	63	11.0
40-59	19	3	--	--	22	3.8
Over 60	6	--	1	1	8	1.4
Not stated	9	21	--	--	30	5.2
TOTAL	329	242	3	1	575	100.1

* Source - Sask. Health

Business Office

BUSINESS OFFICE

This division of the Health Department is responsible for budget preparation and control, purchases, personnel records and maintenance of both the central and branch offices. Staff for the division consists of three persons at the branch office and nine persons at the central office, five of whom are assigned to other divisions of the department. There were no major changes that took place in 1982 except for the purchase of new nursing stations for the nurses' staff room and video cassette equipment for the branch office.

The financial statement on the following page outlines the areas of expense for the 1982 operating year. Salaries (and related areas) constitute 81.4% of the total expenditure; benefits account for 11.4% and the remaining 7.2% is for the department's operations.

Revenue is received from provincial grants and minimal amounts in registration fees for various department programs. The provincial per capita grant was increased to $3.35 per capita in 1982 for which we received $535,172; as well we received $26,400 for the monitoring of the provincial SAIL program of Regina citizens, a $2,000 grant for the control of sexually transmitted diseases, and a special projects grant of $48,760 for ongoing immunization and environmental health programs.

FINANCIAL STATEMENT

AT DECEMBER 31, 1982

EXPENDITURES

Salaries	$1,687,114	
Contributions to Civic Pension	95,473	
Canada Pension Plan	18,368	
Unemployment Insurance	26,477	
Car Allowances	89,520	
Uniforms	7,036	
Supplies	17,279	
Laundry	424	
Reference books and subscriptions	1,886	
Audio-Visual equipment and materials	7,153	
Seminars, conventions, business trips	9,189	
Printing and duplicating	13,950	
Office machines and furniture	31,961	
Postage	493	
Repairs and building maintenance	6,283	
Telephone	14,295	
Electricity and gas	19,482	
Water and sewer	1,784	
Contracts and miscellaneous	7,951	
Advertising	1,232	
Share of Federal Community Development Project	15,614	
TOTAL		$2,072,934

REVENUE

Boarding care home license fees	$ 186	
Venereal disease control grant	2,000	
Medical services fees	1,316	
Provincial health grant	561,572	
Other provincial special grant	48,760	
Other fees - burial permits $ 102 registration fees 2,360	2,462	
TOTAL		$ 616,296
From City revenue		1,456,638
TOTAL		$2,072,934

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POOR

QUALITY

ORIGINAL